

FOR IMMEDIATE RELEASE
For More Information Contact:
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(August 31, 2009)

District 196 Community Education Classes Just For You!

Hundreds of wonderful learning choices for all ages ... for more information call 651-423-7920 or visit www.district196.org/ce.

Calendar: September 3-October 6, 2009

September 19

Zapping the PSAT/SAT Tests! Prepare for the important PSAT and SAT tests. 9 a.m.-3 p.m. Sat. Sept 19. \$89. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

September 21

Family Dance (parents and children ages 1-4) Join this energetic, musical and playful dance class for young children and their parents. 9:30-10:15 a.m. Mon. Sept 21-Nov 9. \$49; \$10 add'l child/\$0 add'l adult. Northwest Martial Arts, 14537 Dodd Blvd., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Tai Chi Tai Chi is a non-impact form of exercise that stretches the entire body while building balance and strength. 6:30-7:30 p.m. Mon. Sept 21-Oct. 26. \$59. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

American Red Cross Swim Lessons Learn to swim in District 196 Community Education's aquatics programs. Variety of evening time lessons, Mon & Wed. Sep 21-Oct 14. \$50 parent/child pair and preschool; Levels 1-6 \$61 group, \$93 semi-private, \$177 private. Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Register at www.district196.org/ce or call 651-683-6879.

September 22

Basic Horsemanship: Building Confidence (ages 18+) Experience the wonderful connection that exists between human and horse. 5:30-6:30 p.m. Tue. Sept 22-Oct 20. \$229. Lone Rock Ranch, 17690 Clayton Ave., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Tennis for Beginner Level (ages 8-11) Learn basic strokes including forehand, backhand, ground strokes, serve and volley. 6:15-7 p.m. Tue. Sept. 22-Oct. 20. \$25. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Adult Tennis Lessons (ages 19+) Designed for adult beginners or those who haven't swung a racket in a long time. 7-8 p.m. Tue. Sept. 22-Oct. 20. \$25. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

American Red Cross Swim Lessons Learn to swim in District 196 Community Education's aquatics programs. Variety of evening times, Tue & Thu. Sep 22-Oct 15. \$50 parent/child pair and preschool; Levels 1-6 \$61 group, \$93 semi-private, \$177 private. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register at www.district196.org/ce or call 651-683-6879. Register at www.district196.org/ce or call 651-683-6879.

September 23

Zumba Work up a sweat to la musica. 6:30-7:30 p.m. Wed. Sept. 23-Oct. 21. \$49. Parkview Elementary, 6795 Gerdine Path, Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

September 24

Save on Everyday Expenses! Stop throwing hundreds of dollars away in your recycling bin each month. 7-9 p.m. Thu. Sept. 24. \$19. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

September 25

Swing and Social Ballroom Dancing: Level I Learn several basic dance steps for Swing, Foxtrot, Waltz, Salsa, Polka and more! 8-9:30 p.m. Fri. Sept. 25-Oct. 16. \$49. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

September 26

Showtime! Harriet's Halloween Candy (grades K-2) Nancy Carlson's colorful, fun books are childhood favorites! 9-10:15 a.m. Sat. Sept. 26-Oct. 31. \$59. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Fishing Fun (grades 1-6) Learn about types of fishing equipment, fish identification and water ecology. 1-3:30 p.m. Sat. Sept. 26-Oct. 24. \$55. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

American Red Cross Swim Lessons Learn to swim in District 196 Community Education's aquatics programs. Variety of morning and afternoon times. Sat. Sep 26-Nov 21. \$50 parent/child pair and preschool; Levels 1-6 \$61 group, \$93 semi-private, \$177 private. Black Hawk Middle School, 1540 Deerwood Drive, Eagan or Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register at www.district196.org/ce or call 651-683-6879.

September 27

American Red Cross Swim Lessons Learn to swim in District 196 Community Education's aquatics programs. Variety of afternoon and evening times, Sun. Sep 27-Nov 22. \$50 parent/child pair and preschool; Levels 1-6 \$61 group, \$93 semi-private, \$177 private. Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Register at www.district196.org/ce or call 651-683-6879.

September 28

Pole Aerobics This challenging, high energy, two-in-one cardio and aerobic workout has proven to burn fat and sculpt your entire body. 5:30-6:30 p.m. Mon. Sept. 28-Nov. 2. \$69. Bodyblast Studio, 2020 Silver Bell Road #26, Eagan. Register online at www.district196.org/ce or call 651-423-7920.

Introduction to Computers (Office 2003) Seeking relief from "computer anxiety"? 6:30-8:30 p.m. Mon. Sept. 28. \$39. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

September 29

Spanish for Travelers (Or Just for Fun) Whether for travel or personal pleasure, learn basic conversational skills of Spanish. 7-9 p.m. Tue. Sept. 29-Oct. 27. \$59. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at www.district196.org/ce or call 651-423-7920.

September 30

Unicycle (ages 6+) Ages 6 to 96 can learn the basics of riding a unicycle! 6:30-7:30 p.m. Wed. Sept. 30-Dec. 2. \$29; \$0/add'l child or adult. Parkview Elementary, 6795 Gerdine Path, Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

October 1

Fitness Fun (ages 4-6) Exercise, burn some energy, develop motor skills and make new friends in Fitness Fun! 10-10:45 a.m. or 11-11:45 a.m. Thu. Oct. 1-Nov. 5. \$45. Community of Christ Church, 5990 134th St. Ct., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Knitting from Start to Finish (All Skill Levels Welcome) Learn to knit or enhance your skills to create exciting, unique, modern accessories - wacky hats, wild scarves or way-out ponchos. 6:30-8:30 p.m. Thu. Oct. 1 & 8. \$29. Yarn Garage, 2980 145th St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

What's Cooking for Fall? (Presentation of Fall Flavors) Looking for tasty, easy fall dishes? 6:30-8 p.m. Thu. Oct. 1. \$19. Kowalski's Market, 1646 Diffley Road, Eagan, store cafe. Register online at www.district196.org/ce or call 651-423-7920.

October 2

Be Belle's Guest! (parents and children ages 3 to 7) You're invited to a Beauty and the Beast pizazz party! 1-2 p.m. Fri. Oct. 2. \$10; \$10 add'l child/\$0 add'l adult. Apple Valley

Community Center, 14601 Hayes Rd. Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 3

Feng Shui: The Chinese Art of Placement Feng Shui (fung shway) is the ancient Chinese art of placement. 9:30 a.m.-3:30 p.m. Sat. Oct. 3. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 5

Small Business Computing: A Guide in Plain English Discover how to apply basic computer operations to any small business process, organization or project. Online course. Oct. 5-Dec. 21. \$69. Register online at www.district196.org/ce or call 651-423-7920.

Microsoft Word: Document Formatting 1 Make your documents visually attractive and more professional. 10 a.m.-12 p.m. Mon. Oct. 5. \$39. District Service Center, 14445 Diamond Path, Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Color Calligraphy: Express Yourself in a New Dimension Learn to create depth, movement and excitement to your handwriting by writing in color. 6:30-8:30 p.m. Mon. Oct. 5-Nov. 2. \$69. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 6

Yoga (parents and children ages 3-6) Learn the beginning mechanics of moving the body in a way that feels good while having fun at the same time. 6-6:45 p.m. Tue. Oct. 6-Nov. 17. \$43. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Buying Your First Home The federal government is offering first time home buyers \$8,000 if they purchase a home prior to Dec. 2009. 6:30-8:30 p.m. Tue. Oct. 6. Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Register at www.district196.org/ce or call 651-423-7920.

Beginning Sewing: Hand and Machine Do you have clothing items that need repair? 6:30-9 p.m. Tue. Oct. 6 & 13. \$35. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Batch Cooking (Save Time and Money) Save time and stretch your budget by cooking and freezing family meals for the days ahead. 7-9 p.m. Tue. Oct. 6. \$39. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

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District 196 Community Education provides quality lifelong learning opportunities for more than 60,000 participants of all ages. District 196 serves more than 27,000 students in grades K-12 and includes all or part of Rosemount, Apple Valley, Eagan, Burnsville, Coates, Inver Grove Heights, Lakeville and Empire and Vermillion townships. For more information, visit www.district196.org/ce.